



The City of Irondale

SENIOR ACTIVITY CENTER

5313 BEACON DRIVE, IRONDALE, AL 35210

MONDAY-FRIDAY | 8:30 A.M. - 3:00 P.M.

CALL US TO GET CONNECTED: (205)951-1418



EVERYDAY: LUNCH (11:30 - 12:30) - Age 60+. No charge, but donations appreciated.

Everyday: Walking Club (8:00) - Make friends and walk to better health.

Tuesdays and Wednesdays: Games (1:00-3:00) - Pick up a game of Rummikub, Mah Jong, Skip Bo, Bid Whist, Dominos, Rook, Bridge and more!

Wednesdays: Tai Chi with Galina (10:00) - This exercise class helps with arthritis and fall prevention.

Wednesdays: Bridge (11:30) - Come join a game of bridge for the afternoon.

Thursdays: Men's Coffee (9:00) - Just for guys. Good coffee & conversation.

Thursday 10/2 and Thursday 10/23: Quilting Basics (12:30) - Jump in any time and start making a 24x24 wall hanging. Starter kit with all materials available for \$10.

Friday 10/3 and Friday 10/17: Mat Yoga for Beginners (12:30) - Get "bendy" learning yoga poses with Carmela. Bring your own mat.

Tuesday 10/7: Birthdays & Bingo (12:30) - Cake, bingo, & prizes!

Thursday 10/9: DJ DOUG (12:30) - Play our favorite music game "That's My Song" for fun and prizes.

Friday 10/10: Movie & Popcorn: Knives Out (12:30)

Wednesday 10/15: Speaker and Pink Out Party (12:30) - Representatives from the O'Neal Comprehensive Cancer Center at UAB will update us on Breast Cancer topics. Wear pink for Breast Cancer Awareness Month!

Thursday 10/16 and Thursday 10/30: Crochet & Knit with Janice (10:30) - Beginners & Advanced.

Tuesday 10/21: Craft: Coffee Mug Flower Arrangement (12:30)

Thursday 10/23: Men's Breakfast (9:00) - Special Guest: Fire Chief Josh McDaniel will tell us how Artificial Intelligence is being used today and how it can benefit you.

Friday 10/24: Talk About the Weather (12:30) - Come hear about the weather from ABC33/40 Meteorologist Evan Chickvara.

Monday 10/27: Bowling Outing to SpareTime Trussville - Vans leave at 11:00. \$18 for bowling, pizza and drink, \$7 just for pizza and drink.

Thursday 10/30: Trunks and Treats (12:30 - 2:00) - City Departments and our vendor friends will decorate trunks and hand out treats to our seniors. Wear your best costume!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH SERVED DAILY</p> <p>AT 11:30 A.M.</p>		<p>1</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobe 10:00 Tai Chi-Galina 12:30 Bridge</p> 	<p>2</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Quilting Basics</p> 	<p>3</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Beginners Yoga with Carmela</p>
<p>6</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise- Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check</p>	<p>7</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Lacey 9:30 Go to Gym 10:00 Exercise-Carmela 12:30 Birthdays & Bingo 11:00-2:00 Ceramics</p> 	<p>8</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Bridge</p> 	<p>9</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 DJ Doug</p>	<p>10</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Movie & Popcorn:Knives Out</p> 
<p>13</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check</p> 	<p>14</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Lacey 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Bible Huddle with Pastor Mike McClure, Sr.</p>	<p>15</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Pink Out Party and Breast Cancer Awareness Speaker 12:30 Bridge</p> 	<p>16</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knitting-Janice 11:00-2:00 Ceramics</p>	<p>17</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Beginners Yoga with Carmela</p> 
<p>20</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 12:30 - 2:00 UAB Mobile Food Market</p>	<p>21</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Lacey 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Pumpkin Mug & Flower Craft</p> 	<p>22</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Pastor George Whitlock Bible Study 12:30 Bridge</p>	<p>23</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Breakfast-Speaker Chief Josh McDaniel on Artificial Intelligence 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Quilting Basics</p>	<p>24</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance- Desi 12:30 Speaker: Evan Chickvara - Meteorologist ABC 33/40</p> 
<p>27</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 11:00 Field Trip: Bowling</p> 	<p>28</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Lacey 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics</p>	<p>29</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Bridge</p> 	<p>30</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knitting- Janice 12:30 - 2:00 Special Event: Trunks & Treats 11:00-2:00 Ceramics</p>	<p>31</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi</p> 